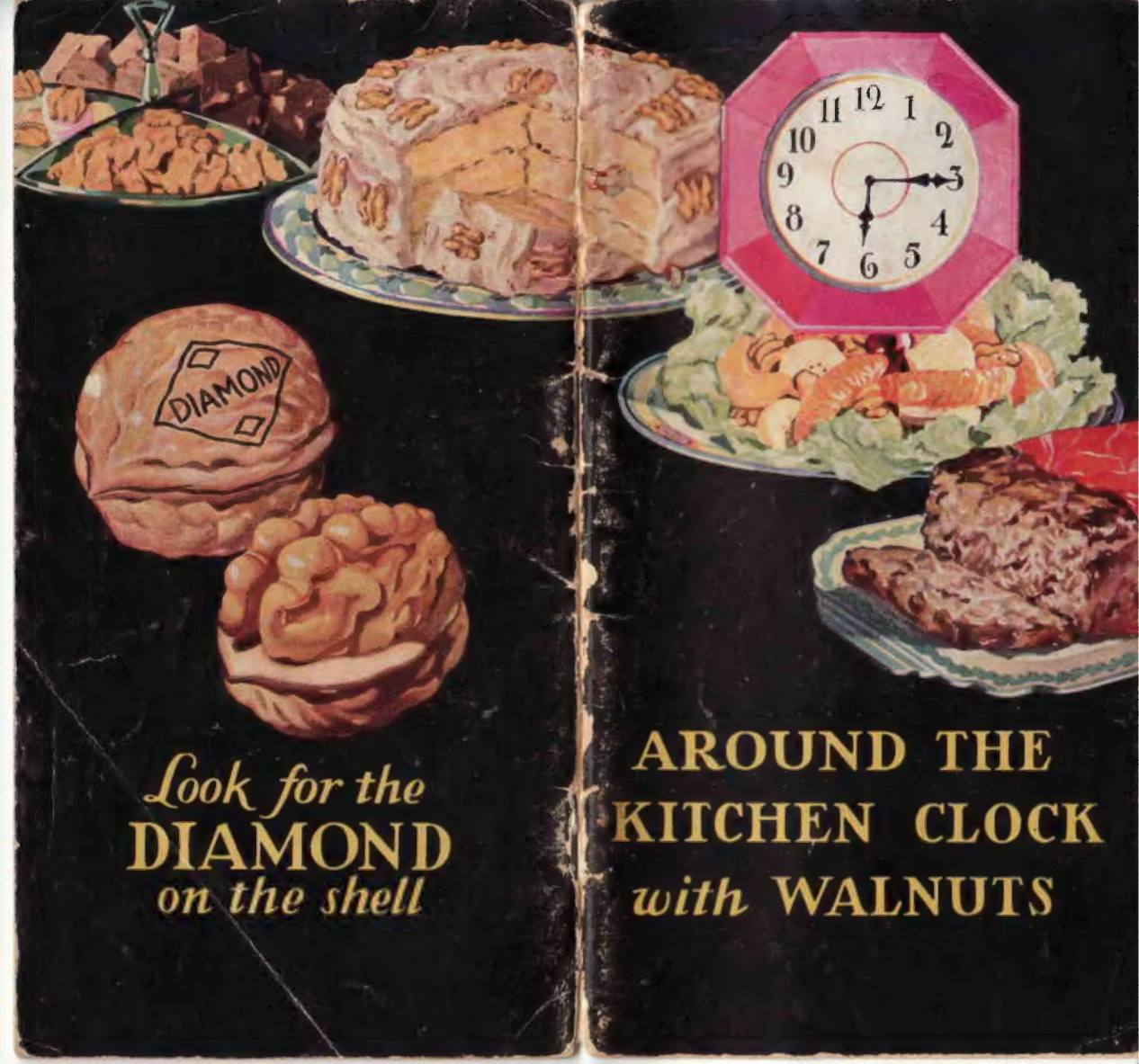
AROUND THE KITCHEN CLOCK *with* WALNUTS



Look for the
DIAMOND
on the shell

AROUND THE KITCHEN CLOCK *with* WALNUTS

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Recipes Tested, Tasted and Approved by Good Housekeeping Institute

California
Walnut Growers Association

LOS ANGELES, CALIFORNIA

"*What* TO SERVE?"

How often have you asked *yourself* that question—and racked your brain for an answer which would please appetites and pocket-book, too? It seems like an almost hopeless problem!

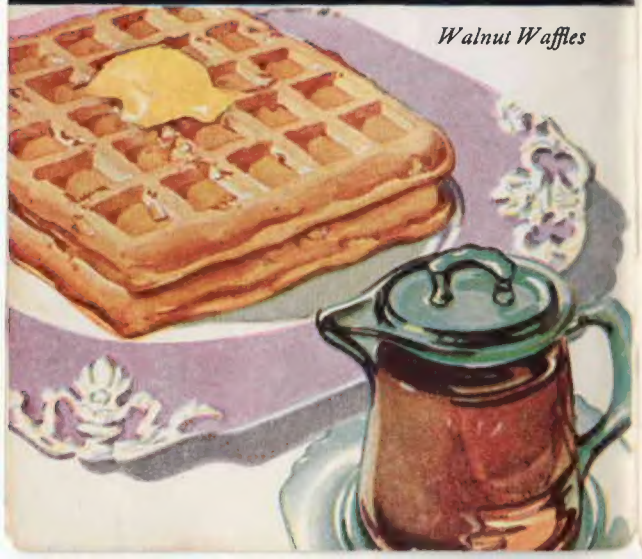
But it isn't hopeless—far from it? Ask any woman who has discovered the possibilities in her Walnut Bowl. She'll tell you that a few walnuts added to even the simplest dish will give it new flavor and distinction—and please the family. She'll tell you that often you don't even need a special recipe—that "Just Add Walnuts" is a general rule which makes almost any dish more enticing.

In fact, it's almost superfluous to supply a recipe book to guide America's good cooks in the use of walnuts. That is why we have made this largely a book of menu suggestions—adding only a few specially popular recipes.

These suggestions are simplicity itself—but what an improvement they will make in even your favorite treats. Glance through these pages now—and next time you are puzzled about "What to Serve?," remember this booklet and let Diamond Walnuts help you.

Walnut Graham Muffins

For welcome variety in everyday meals . . .
JUST ADD WALNUTS



Walnut Waffles

Walnuts for Breakfast?

You may think that using walnuts at breakfast requires a little stretch of the imagination, but after you've tried a few of these suggestions you'll wonder why you never thought of it before. Walnuts *belong* in breakfast menus—for their delightful flavor and crunchy crispness. Just try them! You'll find the family enthusing over the new appeal in their everyday foods.

You can start right off with the fruit. If you serve baked apples, add a few chopped walnuts to the sugar and spices for the filling. Or you can rescue prunes from their everyday sameness by stuffing each one with a walnut half in place of the pit.

The breakfast jam or marmalade is greatly improved when a few broken walnut kernels are added. Many women make their preserves that way in the first place—or just mix in a few walnuts before serving.

And breakfast breads—that's where walnuts come into their own! Have you ever eaten toasted nut bread? If not, you've missed something! Muffins, buns, rolls—any sweet bread is better with walnuts added to the dough. Or chop a few kernels very fine and sprinkle them over the cinnamon buns or coffee cake. Walnuts blend delightfully with the raisins in such breads and add a delicious extra flavor.

Do you tire of the same old cereals day after day? Then add chopped walnuts to the cooked cereal just before you take it from the

stove. Their flavor and firm "body" will be a pleasant surprise. It's a good way to get the children to eat their cereal, too!

And we've saved the best breakfast suggestion until last. Waffles! Pancakes! Favorites in every family! But until you've tried waffles or pancakes made with walnuts you don't know how good they can be. Just add a handful of chopped kernels to your own recipe—and you'll discover a new delight in these old favorites.

Here are just five recipes which we've found especially good at breakfast time:

Walnut Scrapple

1 cup cornmeal
½ cup hominy
1½ teaspoons salt
6 cups water
1 cup Diamond Walnut kernels

Combine the cornmeal, hominy, salt and boiling water in the top of a double boiler. Cook over direct heat stirring constantly until thick. Then place over boiling water in the bottom of the double boiler. Cook for about 1 hour. Then add the Diamond Walnut kernels and pour into a greased dish. Cool and chill until firm, then cut into slices and sauté in hot fat in a skillet. Serve with honey or syrup. *Serves 6 to 8.*

Steamed Walnut Brown Bread

1 cup bread crumbs
1½ cups milk
½ cup molasses
1 teaspoon salt
1 cup whole wheat flour
1 cup cornmeal
1 cup rolled oats
2 teaspoons soda
¾ cup water
1 cup broken Diamond Walnut kernels

Soak the bread crumbs in the milk. When soft, rub the crumbs and milk through a strainer and add the molasses and the salt, whole wheat flour, cornmeal, and soda which have been sifted together, the rolled oats and the water. Blend well and add the Diamond Walnut kernels. Pour into four greased 1 lb. baking powder tins and steam for 2 hours. *Makes 4 loaves.*

Coffee Cake Squares

3 tablespoons shortening
¾ cup granulated sugar
1 egg
½ cup milk
1 teaspoon vanilla
1 cup pastry flour
½ teaspoon salt
1 teaspoon tartrate or phosphate baking powder or ½ teaspoon combination type baking powder
½ cup brown sugar
2 teaspoons cinnamon
1 cup chopped Diamond Walnut kernels
1 tablespoon butter

Cream the shortening and add the granulated sugar gradually, creaming meanwhile. Add the egg and beat well. Combine the milk and vanilla and add alternately with the flour, salt and baking powder which have been sifted together. Pour into a greased shallow pan and sprinkle with the brown sugar and cinnamon mixed together, and the chopped Diamond Walnut kernels. Dot with the butter. Bake in a moderate oven (375° F.) 30 minutes, or until brown. *Serves 6 to 8.*

Walnut Graham Muffins

1 cup graham flour
¾ cup white flour
½ cup granulated sugar
5 teaspoons tartrate or phosphate baking powder or 2½ teaspoons combination type baking powder
1 teaspoon salt
⅓ cup chopped Diamond Walnut kernels
⅓ cup seedless raisins
1 cup milk
1 egg
3 tablespoons melted fat

Mix and sift dry ingredients; add chopped Diamond Walnut kernels and raisins, and milk gradually, egg well-beaten, and melted fat. Bake in a hot oven (400° F.) in greased muffin pans for 25 minutes. *Makes 16.*

Walnut Bread

3 cups flour
½ cup granulated sugar
1 teaspoon salt
6 teaspoons tartrate or phosphate baking powder or 3 teaspoons combination type baking powder
1½ cups milk
1 egg, beaten
1 cup chopped Diamond Walnut kernels
3 tablespoons melted fat

Sift together the dry ingredients; add the milk, mixed with the beaten egg, Diamond Walnut kernels and melted fat. Beat well. Bake in a greased loaf pan in a moderate oven (375° F.) for 1 hour.

For the Noonday Lunch

Luncheon varies so widely in different parts of the country, in small towns and large cities, that it is hard to give suggestions which apply to all cases. Sometimes lunch is a family affair; sometimes father eats downtown; sometimes the children have their lunch at school. But in any case, luncheon is generally a light meal, made up of salads or left-overs—so we have confined our suggestions to such dishes. If your luncheon is a heavier meal, you'll find helpful hints among our dinner suggestions.

So often luncheon consists mainly of a loaf, croquettes, or stew of left-overs—and here walnuts serve a triple purpose. They extend a small amount to serve more people; they supply supplementary food values to make the single dish a complete, nutritious meal; they add a new, delicious flavor that turns these ordinary dishes into extraordinary treats.

If a salad makes up the main luncheon dish, again walnuts are useful. To fruit salads, they add the proteins that are largely lacking in the fruits themselves. Salted, walnuts add delicious flavor to chicken or other meat salads, as well as new eye appeal.

Even potato cakes are a real luncheon treat if you add a few walnuts.

Any stuffed vegetable—tomatoes, peppers, onions, or eggplant—is improved in both appearance and flavor if chopped walnuts are added to the filling and a half kernel placed on top of each serving.

And for dessert—what better than fruit, crackers and cheese, and walnuts cracked right from the Diamond Walnut Bowl!

Most of the following recipes show how easily appetizing dishes can be made from left-overs. And what woman isn't interested in economy!

Walnut Loaf

- 2 cups cold baked beans
- 1½ cups soft bread crumbs
- 3 tablespoons minced onion
- 1 teaspoon salt
- 1 egg, beaten
- 1½ cups chopped Diamond Walnut kernels
- 2 tablespoons melted fat
- ½ teaspoon paprika
- 1½ cups canned tomato juice
- 2 cups tomato sauce

Mix all the ingredients except the tomato sauce and put into a greased loaf pan. Bake in a moderate oven (350° F.) for 60 minutes. Serve with or without a well-seasoned tomato sauce. *Serves 6 to 8.*

Carrot Walnut Loaf

- 1 cup canned or cooked peas
- 1 cup cooked, washed carrots
- ½ cup chopped Diamond Walnut kernels
- 3 tablespoons minced onion
- 1 cup soft bread crumbs
- 1 cup milk
- 1 tablespoon melted fat
- 2 beaten eggs
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 cups tomato sauce

Mix ingredients in order given, omitting tomato sauce, and put in a greased loaf pan. Bake in a moderate oven (350° F.) for 60 minutes. Serve with a well-seasoned tomato sauce. *Serves 6.*

Cheese and Walnut Roast

- ¼ lb. American cheese
- 1 cup chopped Diamond Walnut kernels
- 1½ cups soft bread crumbs
- 1 cup milk
- 1 egg, beaten
- 1 tablespoon fat
- 2 tablespoons minced onion
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon pepper

Grate the cheese, and add the Diamond Walnut kernels, bread crumbs, milk and egg. Melt the fat in a skillet, add the onion, and sauté to a golden brown. Combine these mixtures and add the remaining ingredients. Bake in a moderate oven (375° F.) for 45 minutes. *Serves 6.*

Rice and Walnut Loaf

1 egg
½ cup milk
1 cup soft bread crumbs
½ cup chili sauce
1½ cups cooked rice
1 cup chopped Diamond Walnut kernels
½ teaspoon sage
1 teaspoon salt
⅛ teaspoon pepper
2 cups tomato sauce

Beat egg, and add the milk, crumbs, chili sauce, rice, Diamond Walnut kernels, sage, salt and pepper. Blend thoroughly and put in a greased loaf pan. Bake in a moderate oven (375° F.) for 45 minutes. Serve with a well-seasoned tomato sauce. *Serves 6.*

Walnut Sausage

1 cup soft bread crumbs
1 tablespoon butter
1 cup cooked rice
2 teaspoons sage
½ teaspoon paprika
1½ cups chopped Diamond Walnut kernels
2 eggs, beaten
½ teaspoon salt
¼ teaspoon celery seed
1 teaspoon minced onion
Crisp bacon as garnish
4 tablespoons fat
1½ cups white sauce

Blend the ingredients except bacon, fat and white sauce. Shape mixture like sausages and brown well in the hot fat in a skillet. Garnish with bacon and serve with a white sauce. *Serves 6 to 8.*

Walnut Meat Balls

1 lb. ground beef, uncooked
½ cup soft bread crumbs
¾ cup milk
1 teaspoon minced onion
1 teaspoon salt
1 egg
¾ cup chopped Diamond Walnut kernels
¼ teaspoon paprika
1 cup tomato sauce
1 cup water

Combine all ingredients in order given except tomato sauce and water. Form into balls and place them in a shallow baking dish. Pour over them the tomato sauce, mixed with the water. Bake in a moderate oven (350° F.) for 45 minutes. *Makes 12 meat balls.*

Waldorf Salad

4 apples
2 cups celery
1 cup Diamond Walnut kernels broken in pieces
Lettuce
Mayonnaise

Wash the apples, pare and cut into cubes. Clean celery and cut into thin strips. Mix apples, celery, and Diamond Walnut kernels thoroughly. Moisten with mayonnaise to bind salad together just before serving and arrange on crisp lettuce leaves. *Serves 6.*

Walnut Potato Salad

2 cups cold cooked potatoes
1 cup coarsely chopped Diamond Walnut kernels
1 small onion, minced
2 tablespoons parsley, minced
½ teaspoon salt
2 small sweet pickles, diced
Mayonnaise
Lettuce
Diamond Walnut halves
Cheese Wafers

Cut potatoes into small cubes. Mix potatoes and Diamond Walnut kernels lightly with onion, parsley, salt and pickles, using sufficient mayonnaise to moisten. Serve on crisp lettuce leaves with small cheese wafers and garnish with Diamond Walnut halves. *Serves 6.*

Diamond Chicken Salad

½ cup Diamond Walnut kernels
Salt
¾ tablespoon butter
1½ cups cold chicken
¾ cup diced celery
French dressing
Lettuce
Mayonnaise

Put Diamond Walnut kernels in a pan, sprinkle sparingly with salt, add butter, and cook in a slow oven (300° F.) until heated, stirring often. Remove from the oven and break in pieces. Cut chicken into cubes, add diced celery and Diamond Walnuts and mix well. Marinate with French dressing, arrange on a bed of lettuce and garnish with Diamond Walnut halves and mayonnaise. *Serves 6.*

Walnut and Salmon Salad

2 tablespoons granulated gelatin
½ cup cold water
2 cups boiling water
1 teaspoon salt
½ cup granulated sugar
½ cup vinegar
2 tablespoons lemon juice
¾ cup cooked or canned salmon
¾ cup chopped cabbage
½ cup Diamond Walnut kernels
1 head lettuce
Mayonnaise or French dressing

Soak the gelatin in the cold water about 5 minutes. Add the boiling water, salt, sugar and vinegar, and stir until dissolved. Cool until the mixture thickens slightly, then add the salmon broken into pieces, the cabbage and Diamond Walnut kernels. Put into individual molds and chill. Serve on lettuce with mayonnaise or French dressing. *Serves 6 to 8.*

Stuffed Peppers

6 green peppers
2 cups soft bread crumbs or rice
1½ cups chopped Diamond Walnut kernels
2 teaspoons salt
1½ cups chopped cooked meat
3 tablespoons melted fat
1½ cups tomato sauce
½ cup cold water

Wash the peppers and remove the stems and seeds. Place peppers in boiling salted water, cook 10 minutes, drain, and rinse with cold water. Mix bread crumbs, or rice, Diamond Walnut kernels, salt, meat, melted fat, ½ cup tomato sauce and the cold water. Fill the pepper shells with this mixture and stand them in a baking dish. Pour around them 1 cup tomato sauce and bake in a moderate oven (350° F.) 30 minutes. During baking, baste with the tomato sauce. *Serves 6.*

Walnut Sweet Potatoes

2 apples
4 sweet potatoes
½ cup grated maple sugar or brown sugar
½ cup chopped Diamond Walnut kernels
4 tablespoons butter
½ cup buttered bread crumbs

Peel and slice the apples and cooked sweet potatoes. Arrange in alternate layers in a buttered baking dish, sprinkling the apples very lightly with the sugar, and chopped Diamond Walnut kernels, and dotting the potatoes liberally with butter. Cover the top with buttered crumbs, dot with Diamond Walnut halves. Cover and bake in a rather hot oven (400° F.) for ¾ hour or until the apples are tender. Remove top and brown. This is delicious served with slices of broiled bacon. *Serves 6.*

Walnut Applesauce Cake

1 cup granulated sugar
¼ cup shortening
½ teaspoon cloves
½ teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon soda
1 tablespoon warm water
1 cup sour applesauce
2 cups flour
½ cup seedless raisins
½ cup chopped Diamond Walnut kernels

Cream the sugar and shortening, add the cloves, nutmeg and cinnamon. Dissolve the soda in the warm water and stir into the sour applesauce. Add this to the first mixture, add the flour, raisins and Diamond Walnut kernels. Mix thoroughly and bake in a moderate oven (350-375° F.) 45 to 60 minutes.

More Nourishment for the School Lunch Box

In preparing meals for children, it's always a problem to get ample nourishment in their foods, for their strenuous play requires body-building foods to strengthen tired muscles and promote normal growth. Walnuts, with their high content of protein, carbohydrates, oil, and mineral salts, are decidedly both an energy food and a repair food, as well as one children like. The crispness of walnuts also gives young teeth something firm to bite into, and thus promotes sound tooth formation.

Almost every school lunch contains sandwiches, of course, and you know that walnuts make any sandwich more nourishing. You'll find several interesting recipes for sandwich fillings in the section on picnic menus.

Most lunches contain a piece of pie, or cake, or cookies, and much as children like these treats, they are sure to like them even better when walnuts are added.

Fruit is almost always found in the school lunch box, and walnuts give you a fine opportunity to vary the monotony of the usual apple or orange. Try putting in a few prunes, figs or dates, stuffed with walnuts, for a change. They are full of food value—and they are really delicious, too.

But the important thing to remember is that walnuts supply needed nourishment—and that all children like them. What a happy combination!

Velvet Fudge

To please both eye and appetite
JUST ADD WALNUTS

Jellied Fruit and Walnut Salad

When Walnuts Are Trumps

Competition is the life of bridge clubs, and the competition often extends to the refreshments that are served. But there's no need of going to great expense or slaving all day in the kitchen to outshine your friends. Not when there are so many delightful walnut treats which are simple, inexpensive, and yet sure to please!

Candy, of course, adorns the card table. And what candy is complete without walnuts? Fudge *needs* their crunchy crispness. Bonbons are even more attractive when a walnut half is placed on top. Nougat, caramel, divinity, penoche—all are better with crisp walnut kernels added. And here's a sweetmeat that is really different: boil a cup of sugar and ½ cup of water until the syrup threads on a fork. Remove from fire and add ½ teaspoon vanilla. Stir in 2 cups Diamond Walnut kernels. When sugar begins to crystallize, pour nutmeats on a platter, separate with a fork, and cool. What a surprise!

And you'll want Salted Walnuts or Cinnamon Walnuts on the table, too!

Dainty open sandwiches are often served at bridge or afternoon teas—and they look and taste so much better when you add a walnut half to each one. For closed sandwiches, chopped walnuts added to any of the standard sweet fillings will provide a welcome change.

One of the most delightful and popular appetizers we know is celery stalks stuffed with a mixture of cream cheese softened with

cream or milk, to which chopped walnuts have been added. This is delicious with salads.

Speaking of salads, we need only remind you that walnuts belong in every one. Their appearance alone gives the hostess a thrill of delight. Just remember to use half walnuts on top and chopped walnuts in the mixture. Fruit salads especially need the "body" of walnuts.

Ice cream—the standard part of parties—*can* be delightfully "different." If you make your ice cream yourself, add some chopped walnuts. They go especially well with maple and caramel flavoring, or any fruit flavor. In making sundaes, mix chopped walnuts with the chocolate, caramel, butterscotch, or marshmallow sauces and cover the top with chopped walnuts. And always add the decorative touch of a half walnut on top of parfaits.

Frozen desserts are doubly popular in this age of mechanical refrigerators—and walnuts add a crisp firmness these soft foods need. If you mold your desserts, put a half walnut in the bottom of each mold. When you serve them, the walnuts will be on top—golden, tempting, nourishing.

The following treats should thrill the most exacting guests. And any one of them is easy to prepare.

Salted Walnuts

1 cup Diamond Walnut kernels
1 tablespoon melted butter or margarine
Salt

Sprinkle the Diamond Walnut kernels with the butter or margarine and put in a shallow pan. Place in a hot oven (425° F.) to brown, stirring occasionally. Remove from the oven and turn onto absorbent paper. Then sprinkle liberally with salt.

Cinnamon Walnuts

1 cup granulated sugar
½ teaspoon cinnamon
⅛ teaspoon cream of tartar
¼ cup boiling water
½ cup Diamond Walnut kernels
½ teaspoon vanilla

Mix the sugar, cinnamon, cream of tartar and water and boil to 246° F. or until it forms a firm ball when tried in cold water. Add the Diamond Walnut kernels and cool. Add the vanilla and stir until the mixture sugars, then turn onto a flat surface and separate the walnut kernels.

Walnut Roulettes

8 slices very fresh bread, cut as thin as possible
4 tablespoons butter
½ cup Diamond Walnut kernels, chopped fine
Salt

Cream butter, add Diamond Walnut kernels, and season with salt to taste. Spread on the bread, remove crusts, roll up into cylinders and chill until serving time. *Makes 8 sandwiches.*

Walnut Penoche

3 cups brown sugar
1 cup milk
1 tablespoon butter
1 teaspoon vanilla
⅛ teaspoon salt
1 cup Diamond Walnut kernels, broken in pieces

Mix brown sugar and milk, and cook, stirring constantly to 238° F. or until the mixture forms a soft ball when tried in cold water. Remove from the heat and add the butter, vanilla, and salt, and set aside until the pan feels cool to the touch. Then beat until the mixture begins to keep its shape. Add the Diamond Walnut kernels and pour into a buttered pan.

Molasses Walnut Squares

2 tablespoons butter
1 cup molasses
⅓ cup granulated sugar
½ cup chopped Diamond Walnut kernels
Salt

Melt the butter in a saucepan and add the molasses and the sugar. Stir until the mixture starts to boil and again as it begins to thicken. Boil to 270° F. or until the mixture forms a hard ball in cold water. Add the Diamond Walnut kernels sprinkled lightly with salt. Pour into a large well-buttered pan and when cool break into pieces.

Velvet Fudge

2 cups granulated sugar
½ cup cocoa
1 cup milk
3 tablespoons butter
1 teaspoon vanilla
1 cup Diamond Walnut kernels, broken in pieces

Mix the sugar, cocoa and milk together and place over heat, stirring until sugar is dissolved. Then cook without stirring to 238° F. or until mixture forms a soft ball when tried in cold water. Remove from the heat, add the butter and vanilla, and set aside until lukewarm, 110° F. Beat mixture until it begins to keep its shape. Add Diamond Walnut kernels, pour onto buttered pan and mark in squares while soft.

Mixed Fruit and Walnut Salad

1 slice canned or fresh pineapple
12 pitted dates
1 orange
1 banana, sliced
½ cup Diamond Walnut kernels, broken in pieces
2 cups seeded white grapes
Cooked salad dressing
Lettuce

Cut pineapple, dates, and pulp of the orange into small pieces. Add the sliced banana, Diamond Walnut kernels and grapes. Mix thoroughly. Add salad dressing to moisten and serve individually in lettuce cups or in a salad bowl, masked with additional dressing. *Serves 6.*

Jellied Fruit and Walnut Salad

1½ tablespoons granulated gelatin
¼ cup cold water
½ cup boiling water
½ cup granulated sugar
1 cup diced apple
2 cups orange juice and pulp
½ cup chopped Diamond Walnut kernels
3 tablespoons lemon juice
Lettuce
Whipped cream
Diamond Walnut halves

Soak gelatin in cold water for 5 minutes. Add the boiling water and the sugar and stir until dissolved. Add the apple, orange, Diamond Walnut kernels and lemon juice, and combine thoroughly. Arrange in 6 individual molds which have been dipped in cold water and chill until firm. Remove from molds, and arrange on lettuce leaves. Garnish with whipped cream and half Diamond Walnut kernels. *Serves 6.*

Pear, Cheese and Walnut Salad

¼ cup Philadelphia cream cheese
¼ cup celery, chopped fine
¼ cup Diamond Walnut kernels, chopped fine
Cream
Salt, pepper and paprika
6 halves canned pears
Mayonnaise
Lettuce

Mix cheese, celery, and Diamond Walnut kernels. Moisten with cream and season to taste. Place pears on lettuce leaves, fill centers of pears with mixture and garnish with mayonnaise. *Serves 6.*

Pepper and Grapefruit Salad

6 green peppers
1 grapefruit
½ cup celery
½ cup chopped or broken Diamond Walnut kernels
Mayonnaise

Cut slices from stem ends of peppers and remove the seeds. Peel the grapefruit and cut into sections, and then into small pieces. Cut celery into small pieces. Mix grapefruit, celery, and Diamond Walnut kernels. Fill peppers with mixture, cover with mayonnaise and garnish with half Diamond Walnut kernels. *Serves 6.*

Walnut Marshmallow Delight

½ cup Diamond Walnut kernels
½ pound marshmallows
¼ cup maraschino cherries
1 cup heavy cream
½ teaspoon vanilla
2 tablespoons powdered sugar
Few grains salt

Cut Diamond Walnut kernels, marshmallows and cherries into pieces. Whip cream, add the vanilla, powdered sugar and salt. Fold in Diamond Walnut kernels, marshmallows and cherries. Chill. *Serves 6.*

Date Dessert

1 teaspoon soda
1 cup boiling water
1 cup stoned dates
1 tablespoon shortening
1¼ cups pastry flour
1 cup granulated sugar
½ cup chopped Diamond Walnut kernels
¼ teaspoon salt

Dissolve the soda in the boiling water, and pour over the dates, cut in eighths. Add the other ingredients, blend thoroughly and pour into a shallow greased baking pan. Bake in a moderate oven (375° F.) for 30 minutes. *Serves 6 to 8.*

It's really remarkable what a good cook can do with Walnuts

and it's so easy

JUST ADD WALNUTS

It's really remarkable what a good cook can do with Walnuts

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To Make Your Picnic Menus Better

Almost anything tastes good when you've been out in the open all day, filling your lungs with pure country air. But how much better it tastes with walnuts! And how pleasing to hear everyone exclaim how good the food is. Especially when it has been so easy to prepare!

Sandwiches, of course, for picnics! Almost any kind is made more substantial, given new appeal, with walnuts in the filling. Potato salad is another old standby—and here, too, walnuts lend novelty and food value. What picnic is complete without baked beans? But a few chopped walnuts and raisins will bring new interest to even this old favorite.

In fact, walnuts fit in almost every picnic food—and they add their magic touch *so* easily. Besides, they belong in picnic treats because they are so nourishing—and when you've run around all day in unaccustomed exercise, you need the extra food value that walnuts can supply.

Here are some typical sandwich fillings. Your own ingenuity will discover many more just as delicious.

Pimiento and Walnut Sandwiches

½ cup Diamond Walnut kernels
½ cup chopped pimientos
1 3-ounce package cream cheese
½ cup mayonnaise
⅛ teaspoon salt
Brown bread or nut bread
Butter

Chop the Diamond Walnut kernels and mix with the pimientos, cream cheese, mayonnaise and salt. Spread between buttered slices of brown bread or nut bread.

Datenut Butter Sandwiches

½ cup dates, with stones removed
¾ cup Diamond Walnut kernels
¼ teaspoon salt
2 tablespoons cream
Bread
Butter

Put dates and Diamond Walnut kernels through the food chopper twice, using a fine cutter. Add the salt and mix with cream just before using. Spread on buttered slices of bread.

Ham and Walnut Sandwiches

1 cup finely chopped cooked ham
½ cup finely chopped Diamond Walnut kernels
1 teaspoon mustard
4 tablespoons thick sweet cream
Salt and pepper to taste
Bread
Butter

Mix the ham, Diamond Walnut kernels, mustard and cream. Add salt and pepper to taste. Spread between thin slices of buttered bread.

Walnut, Cheese and Olive Sandwiches

2 small sweet pickles, chopped
½ cup chopped Diamond Walnut kernels
¼ cup chopped stuffed olives
1 cup cottage cheese
½ cup mayonnaise
Brown bread
Butter
Lettuce

Mix pickles, Diamond Walnut kernels, olives, cheese and mayonnaise thoroughly. Spread on buttered slices of brown bread. Before placing slices together, lay a lettuce leaf between.

Walnut and Tuna Sandwiches

1 small can tuna
½ cup finely chopped Diamond Walnut kernels
2 finely chopped sweet pickles
2 tablespoons chopped green peppers
Salt and paprika
Mayonnaise
Bread
Butter

Flake the fish, then add the Diamond Walnut kernels, pickles and chopped green pepper. Mix well. Season to taste, adding enough mayonnaise to make a mixture that will spread easily on slices of buttered bread.

What a Lot You Can Do with Walnuts at Dinner!

Dinner is another meal that varies greatly from day to day and from home to home. So the suggestions for many other meals apply here also. Some of the luncheon hints are just as valuable for simple family dinners; the "bridge" suggestions contain ideas for salads and desserts for "company" feasts. But no matter how simple or elaborate the menu, the magic touch of walnuts will improve it. Let's run through the various courses and see where walnuts help.

First come the salted nuts, and walnuts belong in every nut cup. The usual allowance is one ounce per person.

Sprinkle the fruit cups with chopped walnuts just before serving. It's an improvement in both flavor and appearance.

We'll have to skip the soup course, unless you want to serve thin strips of toasted nut bread with the soup. It's a delicious change.

Salads, of course, provide one of the finest ways to use walnuts. Golden walnut halves stimulate the appetite, and chopped walnuts give the firmness and crispness that makes salads more delectable. They fit especially well with fruit, and they improve vegetable and meat salads also. And don't forget the celery stalks stuffed with cream cheese and walnuts. Another nutritious garnish, especially good with pineapple, is white cream cheese rolled in balls, with half walnuts

pressed into one side. "Cheese bonbons," one woman calls them.

With fish or poultry, walnuts improve the dressing and lend new flavor to the meat.

Next time you make a meat loaf, meat balls, chicken or veal croquettes, add a few chopped walnuts. You'll discover a brand new flavor in these foods. And walnuts give new appeal to the Yorkshire pudding that goes with roast beef. Or add some walnuts to the stew just before serving.

When it comes to meat substitutes, walnuts supply the proteins which are needed to give vegetable dishes the full effect of meat. A pound of walnuts, you know, contains more nutriment than a pound of beefsteak. Vegetable loaves and croquettes, for instance, make ideal substitutes when walnuts are added. Rice and walnuts make a tasty dish, also.

Walnuts with vegetables may seem a strange combination, but you'll be surprised at the new flavor. Just mix finely ground walnuts with the crumbs to top your scalloped dishes. Add them to vegetable soufflés, to give body and flavor. Spread finely ground walnuts over creamed vegetables just before serving, to lend a touch of novelty. They're delicious with sweet potatoes—and walnuts in the filling, with one golden half on top, lift stuffed vegetables to epicurean heights.

And finally—desserts! We could almost write a book on walnut desserts alone—there are so many of them. Those we suggested for bridge teas are just a beginning, for walnuts improve every imaginable dessert.

Cake, for instance, is always popular! Add

a few chopped walnuts to your favorite recipe. Mix them with fresh sliced bananas for a delicious, nutritious filling. Grind them fine and add them to cocoanut frostings. They work magic with the simplest cake fillings. And if the filling seems too thin, add chopped walnuts till it is stiff enough to spread.

Many pie fillings are greatly improved with walnuts. Prune, raisin, apple, for example! And cherry, too. An extra touch of novelty is to put a piece of walnut kernel in place of each cherry pit.

Walnuts transform common desserts into tasty, tempting surprises. Plain cake or gingerbread is a real treat with walnut jam, or with broken walnuts mixed into whipped cream or chocolate sauce, and topped with a golden walnut half. And it takes only a moment to prepare! Brown Betty and bread pudding are a delightful surprise with chopped walnuts. Steamed puddings are improved the same way. And finely ground walnuts are a distinct addition to pudding sauces. Prune whip *needs* their "body" and rich flavor. Or serve a date and walnut torte with vanilla ice cream or whipped cream. It's truly delicious!

We've mentioned some frozen desserts already, but here are a few more thoughts. Walnuts are even better than chestnuts in bisques and frozen puddings. Raisins and walnuts in custards add real nourishment to light repasts. Marshmallow cream with broken walnuts makes an ideal sauce for frozen desserts.

Just one more suggestion!—add chopped walnuts to the shortcake batter and top each service with a golden walnut half.

Sweet Potatoes with Marshmallows

To make *good* dishes *better* dishes . . .
JUST ADD WALNUTS

Walnut Poultry Dressing

If we start giving recipes for dinner use, we'll have a hard time stopping. But anyhow, here are a few of our favorites:

Walnut Bread Pudding

1 cup of ½-inch bread cubes
2 eggs
Few grains of salt
½ cup granulated sugar
2 cups milk
1 teaspoon vanilla
1 cup broken Diamond Walnut kernels
⅓ cup raisins

Turn the bread cubes into a buttered baking dish. Beat the eggs slightly, add the salt and sugar and mix well. Add the milk and vanilla. Sprinkle Diamond Walnut kernels and raisins over the bread, then pour in milk mixture. Let stand 15 minutes. Bake in a slow oven (325° F.) for 1 hour, or until firm. Serve hot or cold. *Serves 4.*

Walnut-Molasses Pie

3 eggs
½ cup molasses
2 tablespoons melted butter or margarine
2 cups milk
⅛ teaspoon salt
1 teaspoon vanilla
½ cup Diamond Walnut kernels
2 tablespoons pastry flour
Plain pastry

Beat the eggs, and add the molasses, butter, milk, salt, vanilla and Diamond Walnut kernels which have been mixed with the flour. Blend and pour into a 9-inch pie plate lined with plain pastry and having a fluted rim. Bake in a hot oven (450° F.) for 15 minutes. Then turn the heat regulator to 325° F. and continue the baking for 30 minutes, or until the custard mixture is set. *Serves 6 to 8.*

Date Nut Torte

2 eggs
½ cup sugar
¼ cup flour
1 teaspoon tartrate or phosphate baking powder or ½ teaspoon combination type baking powder
Pinch of salt
1 cup chopped dates
½ cup chopped Diamond Walnut kernels
1 teaspoon vanilla

Beat eggs well and add sugar. Sift together flour, baking powder, and salt. Add dates and Diamond Walnuts. Mix well with the eggs and sugar, adding vanilla. Spread on a greased sheet pan and bake in a moderate oven (350° F.). *Serves 6 to 8.*

Walnut Maple Cake

1 cup brown sugar
⅓ cup shortening
2 eggs
½ cup milk
1⅓ cups flour
2 teaspoons tartrate or phosphate baking powder or 1 teaspoon combination type baking powder
1 teaspoon vanilla
¼ teaspoon salt
1 cup chopped Diamond Walnut kernels

Cream the sugar and shortening, add the yolks of the eggs, beaten well, and the milk. Add the flour, which has been sifted twice, adding the baking powder before the second sifting. Then add the vanilla, salt and Diamond Walnut kernels. Last, add the whites of the eggs, beaten until stiff. Bake in a moderate oven (350° F.) in a greased tube cake pan for 45-50 minutes. Cover with any frosting and decorate the sides and top with Diamond Walnut halves.

Marshmallow Sweet Potatoes

8 medium sized sweet potatoes
2 tablespoons butter
½ cup hot milk
½ teaspoon salt
1 teaspoon cinnamon or nutmeg
¼ teaspoon paprika
1 cup chopped Diamond Walnut kernels
½ pound marshmallows

Cook sweet potatoes until tender, remove skins, and mash. When free from lumps, beat in butter, milk, salt, cinnamon or nutmeg, and paprika. Beat well. Fold in Diamond Walnut kernels, turn into a buttered baking dish, cover with marshmallows, and bake in a moderate oven (350° F.) until marshmallows puff and are a golden brown. *Serves 6.*

Walnut Poultry Dressing

Giblets from 1 chicken, duck or turkey
1 onion
1 bay leaf
1 cup boiling water
1 large loaf of stale bread
1 tablespoon salt
2 tablespoons poultry seasoning or sage
2 cups Diamond Walnut kernels, chopped fine
4 tablespoons melted fat or oil

Cook the giblets, onion and bay leaf in the boiling water until tender. Then chop the giblets fine. Remove crusts from bread, and crumb the bread fine. Mix giblets and crumbs with the salt, poultry seasoning or sage, Diamond Walnut kernels and fat or oil. Stuff fowl with this dressing. Baste with water in which the giblets were cooked.

When Friends Drop In

Every one enjoys having friends drop in to visit, but it *is* embarrassing if there's nothing in the house to serve them. That's one reason so many people keep home-made walnut candy on hand. An added reason, of course, is that the family also likes it! You know already how much better any candy is with walnuts—it just doesn't seem complete if you leave out these crisp, crunchy kernels. Prunes, figs, and dates stuffed with walnuts are other delightful sweetmeats that many women keep on hand. Or cookies and fruit cake to serve with coffee! Cookies and cakes gain a delicious flavor if walnuts are included.

Toasted cheese sandwiches are always popular. Next time you make some, try placing a half walnut on top of the cheese before you pass it under the flame.

Roasted walnuts take but a few moments to prepare, and they're a "different" treat that everyone will like.

When you know friends are coming, you might prepare some simple treat—such as loaf cake cut in small squares, covered with frosting, and topped with walnut halves. Filled cookies, with chopped walnuts in the fruit filling, are always welcome. Or any of the simple but delightful frozen desserts mentioned before. Ice cream is always good, and the little touches we've suggested on preceding pages will lift this old favorite out of the "ordinary" class and make it really welcome.

Walnuts will improve even your favorite

cake and cooky recipes. Or, for variety, try some of these:

Walnut Molasses Brownies

⅔ cup shortening
⅔ cup brown sugar
4 eggs, beaten
⅔ cup molasses
2 cups pastry flour
2 cups chopped Diamond Walnut kernels

Cream the shortening and add the brown sugar gradually, creaming thoroughly. Add the beaten eggs, molasses, flour and Diamond Walnut kernels. Bake in a greased shallow baking pan in a moderate oven (350° F.) for 30 minutes. When done, cut into 2-inch squares. *Makes about 2 dozen.*

Chocolate Walnut Wafers

¼ cup shortening
1 cup granulated sugar
2 eggs, beaten
2 squares (2 oz.) melted chocolate
1 cup chopped Diamond Walnut kernels
⅔ cup pastry flour
¼ teaspoon salt
½ teaspoon vanilla

Cream shortening and add sugar gradually, creaming all the time. Add the eggs, well-beaten, melted chocolate, Diamond Walnut kernels, flour, salt and vanilla. Drop from a teaspoon onto a greased baking sheet 2 inches apart, and bake in a hot oven (400° F.) for 10 to 12 minutes. *Makes 4½ dozen wafers.*

Walnut Drop Cookies

¼ cup shortening
1 cup granulated sugar
1 egg
1 cup chopped Diamond Walnut kernels
1 teaspoon vanilla
2¼ cups pastry flour
½ teaspoon salt
¼ teaspoon soda
⅓ cup sour milk

Cream the shortening and add the sugar gradually, creaming continually. Add the egg, well beaten, and mix thoroughly. Add walnuts and vanilla and then the mixed and sifted flour, salt and soda alternately with the milk. Drop from a teaspoon on a greased cookie sheet 2 inches apart, and bake at 400° F. for 10 to 12 minutes. *Makes 3½ dozen cookies.*

Roasted Walnuts

Place the desired number of Diamond Walnuts (in the shell) in a shallow pan, and bake for 12 or 15 minutes in a hot oven (400°-425° F.).

For "Ice-Box Raiders"

In some homes, the bedtime "snack" is quite a problem. But many women know a simple way to protect that last pint of milk or the bit of left-over chicken they need for the next day. They keep the fruit-nut bowl well filled! Certainly there's nothing like an apple, an orange, or a cluster of raisins and a few Diamond Walnuts to tempt the appetite of any normal male.

Of course, you know best what will appeal to your own family. But you have probably found lots of new ideas in the suggestions on preceding pages. And here's just one more recipe which you will find especially suitable at this time of day.

For years, one of the most prominent and nationally known Los Angeles physicians has recommended this recipe in every case where a cathartic was indicated. He advises his patients that it is not only remarkably efficient, but actually good to eat—and you'll agree when you try it. In fact, many people continue to use it, not only as a remedy and a preventive, but also as a healthful bedtime food which is also delicious.

Fruit Balls

1 cup raisins
1 cup figs
1 cup dates
1½ cups Diamond Walnut kernels
¾ to 1 cup senna leaves

Put all ingredients through the meat chopper several times, and mold size of walnut. Take one each night. When making the second batch, reduce the amount of senna leaves as much as one-half, depending on the need. Try your first one tonight!

Walnut Brownies

For that "Final Touch" . . .
JUST ADD WALNUTS

Date Nut Torte

Helpful Hints To Make Your Walnut Cooking Better

You may have noticed that some Diamond Walnuts are branded with red ink, some with black. This is merely to denote the size, for *all* Diamond Walnuts are the highest quality. Walnuts branded with a red Diamond are the largest size; those branded with black Diamonds are medium size.

In following the recipes in this book, use standard half pint measuring cups, with all measurements level. Teaspoon and tablespoon measurements are also level.

Flour should always be sifted once before it is measured.

Don't grind walnut kernels unless the recipe directs it. Chop them—and they'll retain their full crunchy crispness.

When you use walnuts in baking, dip the kernels in flour before adding them to the recipe. This will prevent their falling to the bottom of the baking dish.

To get full walnut halves for decorating cakes, cookies, salads, etc., crack the walnut by standing it on the flat end and striking it lightly with a hammer on the sharp point.

One pound of Diamond Walnuts, in the shell, will produce a little over one-half pound, or 2 cups, of kernels.

One cup of butter or substitute equals one-half pound.

One square of chocolate equals one ounce of ground chocolate. This is four tablespoons, or one-quarter cup.

When You Buy Walnuts, Look for the Diamond, Branded on the Shell

There's just one way to secure best results in walnut cookery, and that's to have the best walnuts to start with. And fortunately, you can always be sure of getting them.

All you have to do is to see that the walnuts you buy show the Diamond trade-mark, *branded on the shell*. That little Diamond on the outside is your assurance that the kernels inside are plump and tender. It means that more than 6,800 walnut growers guarantee the quality of the nuts they send you. It is their way of saying, "These are the best walnuts you can buy."

Diamond Walnut quality is the result of much patient care and strict adherence to ideals. It starts with the selection of hardy tree stocks and the grafting of specially desirable varieties to produce nuts which have full kernels and thin shells. Many years of careful "nursing" follow before these trees ever bear a Diamond Walnut.

But that is only a start. Not all of the nuts, even from these fine trees, can measure up to Diamond standards. Man must improve on nature. So, after the nuts are harvested and thoroughly dried, they must still be hand-selected, machine-graded, vacuum-sorted, and crack-tested.

Those may be just four hyphenated words to you, but to the walnut industry they carry

an assurance of finest quality. "Hand-selected" means that each walnut passes before trained inspectors, who remove defective nuts, nuts with ill-shapen shells, shells that are empty or discolored. And there are *three* separate inspections. "Machine-graded" means that the walnuts pass through huge metal cylinders perforated with 18,000 holes of progressively larger sizes. (When you buy Diamond Walnuts, you know that all of them will be approximately the same size.) "Vacuum-sorting" is probably the most amazing process of the lot, for here we practically "look through" each shell to make sure the kernels inside are perfect. An ingenious machine automatically lifts out nuts that are light in weight, showing that the kernels are not fully developed. "Crack-testing" is the final step. Hundreds of nuts from every lot are actually cracked, and classified according to known standards, to be certain that they meet the high Diamond quality requirements.

Finally, we stamp the Diamond brand on every walnut which has passed these rigid tests, making each Diamond Walnut its own "trade-marked package." It is all done by surprisingly simple machines which can brand more than a million nuts each eight-hour day. And yet, this assurance of quality costs *you* nothing. We brand twenty pounds of walnuts for one cent—one thirtieth of what it would cost to pack them in pasteboard cartons.

With walnuts, as with other foods, it's really cheaper to buy the *best*—for then you know you'll get no "blanks," that the kernels will be plump and full of flavor, that you'll

get *more* kernels per pound of nuts. Why not *insist* on Diamond *branded* Walnuts when *you* buy?

This remarkable machine can stamp about 3,000 nuts per minute with the Diamond trade-mark. The California Walnut Growers Association operates 125 of these machines, having a combined capacity of branding about 200,000,000 Diamond Walnuts every day.

Always Fresh and Sweet. Ready for Instant Use.. in Vacuum Sealed Tins

There are *two ways* to get Diamond Walnuts: *in the shell* (each nut Diamond branded); or, *shelled* (mixed halves and pieces, ready for instant use, in two sizes of vacuum tins).

Diamond *shelled* Walnuts are exactly the same high quality as Diamond Walnuts *in the shell*. The kernels are plump, tender, meaty. They are crisp and golden—and they stay that way in all kinds of weather. The vacuum tins protect them—keep them always fresh and sweet, ready for instant use.

Diamond *shelled* Walnuts are packed in two sizes of tins, 3-ounce and 8-ounce. The smaller can contains about ¾ cup of kernels; the larger can, 2 cups. You'll find it a great convenience to keep a can or two on hand. But be sure you get the best. Make sure the Diamond trade-mark is on the tin.

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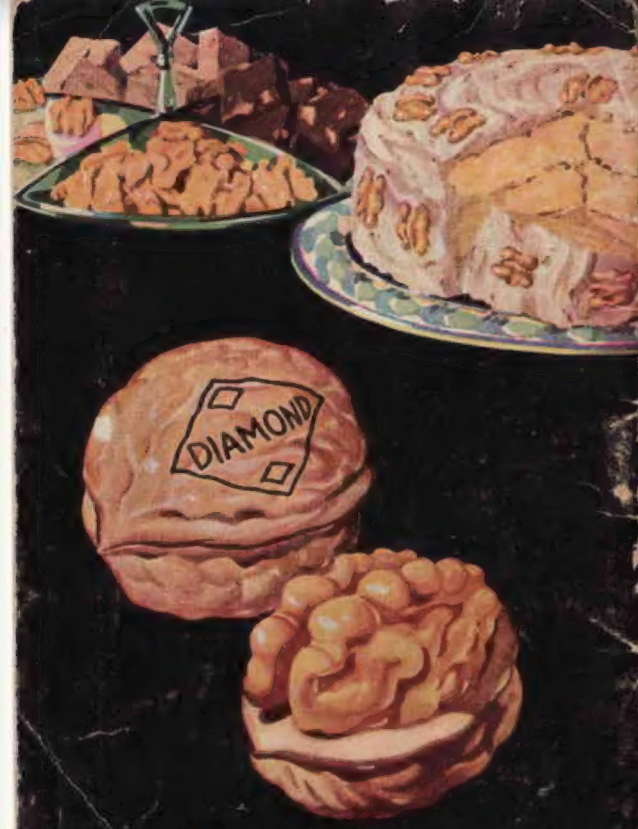

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